



Stay Safe in the Cold - Tips for Pets and People
PAGE 2

Craft and Home Decor Retailer Prepares to Open in Citrus Heights
PAGE 3



Citrus Heights Messenger

VOLUME 10 • ISSUE 02 Serving the City of Citrus Heights & Sacramento County JANUARY 10, 2020

SEE INSIDE

WHY CAN'T I APPLY FOR MEDICARE SUPPLEMENT PLAN F?



PAGE 8

CHP ENCOURAGES MOTORISTS TO PREPARE FOR NEW TRAFFIC LAWS



PAGE 2

IT'S A BIRD ... IT'S A CRANE ... IT'S A SANDHILL CRANE!



PAGE 9



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Mesa Verde Alumnus Returns as High School Teacher



Mesa Verde High School graduate Travis Miller (2003) wanted to go back and make school as good as possible as a teacher and coach. Photo courtesy SJUSD

Special Release from San Juan Unified School District

CITRUS HEIGHTS, CA (MPG) - One would be hard pressed to find a teacher with stronger ties to Citrus Heights schools than Travis Miller, a social science teacher and baseball coach at Mesa Verde High School. The 2003 Mesa Verde graduate grew up in Citrus Heights and also attended Citrus Heights Elementary and John Barrett Middle School. "I

enjoyed my time at all of the schools I went to — especially Mesa Verde — where I thought, 'My teachers seem to be loving what they're doing and this is what I want to do,'" said Miller. While still in high school, Miller gained classroom experience through Mesa Verde's Careers in Education class. He remembers the joy of working with Carriage Drive Elementary students and seeing them get the hang of a new concept. "That's the most

enjoyable thing you can do," he said. Miller first returned to Mesa Verde as a student teacher. In 2016, after five years of teaching at another San Juan Unified high school, he joined his alma mater's faculty. "I just jumped at the chance," he said. "Having gone here, it made me want to come back and contribute to it being as good as possible." Miller teaches AP government, economics and international relations,
Continued on page 8

SacRT Launches Express Bus Service to the Airport

By Jessica Gonzalez, Sacramento Regional Transit

SACRAMENTO REGION, CA (MPG) - The Sacramento Regional Transit District (SacRT) has launched a new bus route with service between downtown Sacramento and the Sacramento International Airport. The new route 142 operates seven days a week every 20 to 30 minutes combined with Yolo bus downtown/airport routes 42A and 42B. "Airport express bus service is an easy, affordable way to avoid parking fees and ride-hailing surge pricing," said SacRT General Manager/CEO Henry Li. "This is a great solution to provide a frequent mobility option from downtown Sacramento to the airport while we pursue additional funding to extend the Green Line light rail to the airport." "Yolobus has been providing hourly service from downtown Sacramento to the airport for years, but this new partnership with SacRT will make it much more convenient for riders," said Yolobus Executive Director Terry Bassett. "We have heard from our riders that they value more frequent bus service, this is a great step forward."

There are several downtown drop-off and pickup locations along J Street, L Street and Capitol in downtown Sacramento with direct service to Terminals A and B at the Sacramento International Airport. The new bus route 142 starts service as early as 3:24 a.m. and operates just past midnight. "We are thrilled SacRT has started bus service to SMF," says Sacramento County Airports Director Cindy Nichol. "This has been a long desired service for our passengers and a great connector between downtown and the airport." SacRT is offering free rides on the Route 142 until Friday, January 31 to celebrate the new airport express route. Yolobus is also offering free rides on Routes 42A and 42B that go between downtown and the airport. Starting Saturday, February 1, the cost will be \$2.50 for a single ride, \$1.25 for discount eligible riders or free for students in grades TK through 12. For Yolobus Routes 42A and 42B, the cost is \$2.25 per trip, \$1 for discount eligible riders and free for students. Visit SacrtAirport.com for a map and schedule. ★

Citrus Heights HART Opens Winter Sanctuary



Guests of the first week of the 2020 Citrus Heights Winter Sanctuary program enjoy relaxation, refreshments and some good trivia before being transported to Fair Oaks Presbyterian Church where they will receive a hot meal and a good night's rest out of the cold and rain. Photo by Elise Spleiss

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - It's not only about shelter and rest from the cold and rain after a long day; it's not about the hot meal and camaraderie shared

by guests and staff at one of the seven host churches participating in the 4th Citrus Heights rotating Winter Sanctuary. It's not even about guests having a warm sleeping bag with a cot to sleep on for 63

nights. While these are important components of the Citrus Heights Winter Sanctuary program provided to the homeless each winter, the end goal of the nine weeks is to identify

and aid homeless men and women who desire more permanent housing and if desired, to start or regain a new life off the street. Participants who do not identify themselves as
Continued on page 3

CHP Encourages California Motorists to Prepare for New Year With New Traffic Laws

By Jaime Coffee, California Highway Patrol

SACRAMENTO REGION, CA (MPG) - New laws approved by the California Legislature in 2019 will affect roadway safety in several ways, including increased distracted driving penalties, peace officer use of deadly force, bicycle turning movements at intersections, wildlife salvage permits, and motor carrier permit rules.

In support of the Department's mission of providing the highest level of Safety, Service, and Security, the California Highway Patrol (CHP) is highlighting several new laws passed this year. Except where noted, these laws are effective January 1, 2020.

License Points for Distracted Driving (AB 47, Daly)

Current law prohibits a person from driving a motor vehicle while using a wireless telephone in a handheld manner; if found in violation, the offense is punishable by a fine. However, beginning July 1, 2021, this new law will levy an additional penalty on a driver found in violation of California's hands-free law: a point will be added on to a driver's record for each hands-free violation occurring within 36 months of a prior conviction for the same offense.

Peace Officer use of Deadly Force (AB 392, Weber)

Beginning January 1, 2020, this new law revises the standards for use of deadly force by peace officers. The use of deadly force by a peace officer is justifiable when the officer reasonably believes it is necessary. Section 835a of the Penal Code amends the reasonable force standard to "objectively reasonable force."

Law Enforcement: Use of Deadly Force: Training: Policies (SB 230, Caballero)

With the enactment of AB 392, this new

law requires law enforcement agencies to rewrite use of force policy and provide mandatory training to all peace officers in order to comply with the new law.

Traffic Control Devices: Bicycles (AB 1266, Rivas)

This new law allows bicycles to travel straight through a right or left-hand turn-only lane while at an intersection, if an official traffic control device indicates the movement is permitted. The Department of Transportation would be required to develop standards to implement the provisions.

Transportation: Omnibus Bill (AB 1810, Committee on Transportation)

Amends Section 34621 of the California Vehicle Code (CVC) allowing motor carriers of property to continue operating for 30 days past their permit expiration date, under specified circumstances. This legislation also provided for an amendment to Section 23229 CVC. California law will now prohibit the consumption of cannabis, in any manner, by passengers in a bus, taxicab, pedicab, limousine, housecars, or camper. This exemption is now only applicable to alcoholic beverages consumed by passengers in these types of vehicles.

Wildlife Salvage Permits (SB 395, Archuleta)

Directs the Department of Fish and Wildlife to conduct a wildlife-collision data collection pilot program to support wildlife conservation efforts. Additionally, this bill would authorize the Fish and Game Commission, in consultation with the CHP and other stakeholders, to establish a wildlife salvage pilot program authorizing the issuance of a permit for the removal and recovery of deer, elk, pronghorn antelope, and wild pigs killed because of a collision with a vehicle, if the wild game meat is used for human consumption. ★

Stay Safe in the Cold - Tips for Pets and People

By Janna Haynes, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Now that we are moving into winter-weather conditions and temperatures, it's a great time to review cold weather tips:

Check on elderly family members, friends or neighbors. Seniors and those with serious medical conditions are at risk. Check on community members that might be vulnerable to ensure they are safely keeping warm.

Bring your pets inside when temperatures start to dip near freezing. A dog or cat left outside in severe cold weather can die quickly from exposure. Except for exercise and walks, all dogs and cats are safer indoors during the winter. Make sure they have a warm, draft-free place indoors with a dry mat or blanket that they can lie on. For additional winter weather tips for animals, check out the Bradshaw Animal Shelter's website.

Heat your home safely - carbon monoxide is a silent killer. It is not OK to heat the inside of your home with any kind of BBQ, propane heater, or any other fuel-fired equipment due to the risk of carbon monoxide poisoning. Only use heaters installed with your home and those designed to be used indoors. Make sure that your natural gas furnaces and other appliances are in good, clean working order.

Insulate outdoor pipes that lead into your home to prevent freezing. Seal with caulk around the pipes that lead into and out of your home. Inside your home, leave the bathroom and under-sink cabinets open to



Winter-weather conditions and temperatures are upon us, now is a great time to review cold weather tips. MPG file photo

help warm the water. If your pipes freeze, leave your tap on and call a plumber. You can defrost your pipes using a hairdryer on a low setting, working your way slowly from the faucet to where your pipe enters the wall.

County residents who need to have their water turned off in order to make repairs to their lines can go online or call 311 (or 916-875-4311 if calling from out of the area).

Ensure proper drainage by scooping up leaves and debris. Keeping storm drains clear can prevent street flooding and black ice from forming.

When raining, reduce your vehicle speed. Wet roads increase the distance and time needed to stop your vehicle. Be extra cautious on roads, bridges and overpasses when temperatures are 32 degrees or below due to black ice - slow down and give yourself extra spacing between vehicles in front of you.

Watch for tree limbs. As temperatures dip, trees

become vulnerable to limbs snapping. For downed trees or branches in the roadway, County residents can go online or call 311 (or 916-875-4311 if calling from out of the area).

Prepare for wind. Secure yard items that may blow around and be prepared for the possibility of loss of power. For downed power lines, stay away and call 9-1-1 immediately.

Sign-up for Emergency Alerts. This system alerts residents about emergency events and other important public safety information quickly in a variety of situations, such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhoods.

Where to get help. Call 211 in Sacramento or go online for information on emergency shelter services.

Learn more about how to stay safe during fog and cold weather on the Sacramento Ready website. ★

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Citrus Heights HART Opens Winter Sanctuary

Continued from page 1
seeking permanent housing are offered various services which they can use to make their lives easier.

After three years the Citrus Heights Homeless Assistance Resource Team (HART) has the entire process operating like a well-oiled machine. Each night intake staff and church volunteers prepare for the 17 or so men and women as they go through the nightly comprehensive intake routine at Messiah Lutheran Church.

This includes checking for any weapons, alcohol and illegal drugs. While waiting for transportation to the host church by The Way Ministries, guests enjoy refreshments and several rounds of trivia questions on subjects including movies, celebrities, sports, history, religions, and even geology. For a time, there is a sense of community, if not family as participants along with volunteers join in some friendly competition. Everyone here has a story.

Week one of this year’s winter sanctuary was hosted by Fair Oaks Presbyterian Church. Additional services offered at Fair Oaks included free haircuts by Cynthia of Salon Hermosa in Roseville, laundry services and clothing. Church volunteers gathered guest’s dirty clothing individually, letting them chose clean clothes and shoes from their huge ‘walk in’ clothes closet.

Citrus Heights Homeless Navigator Toni Morgan will be available on certain nights to work with guests to obtain personal IDs, bus passes, CalFresh (food stamps), and food closet information. Guests can also get information on jobs, housing, and



Tom Cooper, a regular at the winter sanctuary, receives a haircut from Cynthia from salon Hermosa.

help with substance abuse and domestic violence issues. Dignity Health medical services will be available one day a week.

Bright and early in the morning guests are awakened and given a breakfast to take with them on the Sacramento Regional Transit’s SmARt Ride which returns them to Messiah where they can retrieve their belongings and go on their way.

New this year is a bright blue “Street Folder” provided to each guest. Compiled by HART member Stan Munoz, it includes information and resources provided by the homeless themselves, with valuable resources and information on how to survive living on the street or other otherwise homeless situations.

Guest Darrell Lee Glassman, who is close to being off the street himself, praised the HART and winter sanctuary program with making all the difference in his life. “Toni Morgan and the winter sanctuary helped me get through hard times. Everybody has helped me from day one. Without Toni and without Citrus Heights, I wouldn’t be able to do what I’m doing today.”

Munoz said it best in an e-mail speaking for the entire HART team and volunteers: “In Citrus Heights we treat our homeless guests as family, our brothers and sisters. Like family, our goal is to go light on enabling and go heavy on ‘abling’ them.”

The health and safety of both homeless participants and volunteers and staff at intake and host churches is of utmost importance. Each guest must read and sign a 16-statement Guest Behavior Agreement. To prevent issues experienced in prior years, the Citrus Heights Police Department (CHDP) has stepped up their presence around the intake church during the week and is available at nearby Rusch Park for early check-in to avoid loitering in the neighborhood.

“This has worked well, with everything running smoothly” according to CHPD Special Operations Sergeant James Evans in a phone interview. “It’s all happening the way it’s supposed to.”

The winter shelter runs through February 29. For more information or to volunteer contact Stan Munoz at 916-230-8041 or Irene Hronicek at ihronicek@gmail.com. ★

National Craft and Home Decor Retailer Prepares to Open in Citrus Heights



Frontal view of the new Hobby Lobby to open in Citrus Heights. Photo by Patrick Larenas

Hobby Lobby Press Release

CITRUS HEIGHTS, CA (MPG) - Hobby Lobby Stores, Inc., a privately held national retail chain of craft and home decor stores, is set to open a new store in Citrus Heights, California. Construction is underway on this 41,000 square-foot building formerly occupied by Toys ‘R’ Us, located at Birdcage Street and Greenback Lane.

Hobby Lobby currently has 52 locations in California. The Citrus Heights store is projected to open in late January. The location will bring about 35–50 jobs to the community paying \$15.70 per hour for full-time and \$12.00 per hour for part-time associates.

“Once you visit Hobby Lobby, you will see that we are very unique, offering the widest variety of merchandise in the craft and home decor market under one roof,” stated Kelly Black, Director of Advertising. “We’re tremendously excited about becoming a part of

the Citrus Heights community.”

Hobby Lobby has over 800 stores across the nation. Each store offers more than 70,000 crafting and home decor products including floral, fabric, needle art, custom framing, baskets, home accents, wearable art, arts and crafts, jewelry making, scrapbooking and paper crafting supplies. Store hours are Monday through Saturday from 9 a.m. to 8 p.m. Hobby Lobby stores are closed on Sunday.

Hobby Lobby Stores, Inc., a major Oklahoma City-based corporation began as Greco, a miniature picture frame company in 1970. When David Green moved his business from the family garage to a 300 square-foot retail space in 1972, Hobby Lobby was born. It is now the nation’s largest privately owned arts and crafts retailer.

For more information about Hobby Lobby, weekly specials, coupon offers, store locations and online shopping, visit hobbylobby.com ★

Rep. Bera Votes to Pass USMCA

By Travis Horne

WASHINGTON, DC (MPG) - The House of Representatives overwhelmingly passed in a bipartisan manner the United States-Mexico-Canada Agreement (USMCA). The vote follows months of negotiations by House Democrats to secure improvements to the original USMCA negotiated by the Trump Administration.

“I’m pleased to see that House Democrats were able to secure important

changes to the original USMCA draft,” said Rep. Bera. “The version of USMCA that passed includes strong protections for American workers, important enforcement mechanisms to ensure all countries are compliant, and key environmental protections.

The revised version of USMCA is a win for the U.S. economy and American families, and will bring vital jobs to California.”

Source: Office of Representative Ami Bera, M.D. ★

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To register go to FPU.com/1103849

Oh, Those Alluring Lizardly Eyes

Dr. James L. Snyder

After months of planning and rearranging our schedule, the Gracious Mistress of the Parsonage finally organized a little vacation time for Christmas.

We signed into our motel and I went to the room, sat down and just looked around to see where we would be staying for a few days. I looked over to the bed and on the pillow, there was something there. I did not quite know what it was and then I realized it was a lizard.

Looking at the lizard, I said, "Mr. Lizard, I don't think you should be here. It's not a good idea."

He turned his head, looked at me with his nose up in the air, his big lizardly eyes blinked several times, and then looked away with his nose still up in the air.

"You can ignore me if you want to, but I'm just warning you that the worst part of your day has not begun."

Again, he looked my way with his nose still up in the air, blinking his eyes most arrogantly and then looked away with another arrogant twist of his head. Then he took four steps away from me, his nose still up in the air.

The wait was not long and I soon heard the doorknob twist, the door opened and in walked the lady of the hour.

I saw the lizard glance at her, then look back at me, again his nose was in the air and he was blinking arrogantly and then turned and looked the other way. He evidently did not know what he was in for.

Then it happened. My wife looked at the pillow on the bed and said, "What's that?"

Before she got it out, she realized it was a lizard. Few things in life that frighten my wife, but this lizard did, much to my enjoyment.

When she saw the lizard, she screamed and the lizard jumped straight up in the air. When it came down and landed on the pillow, it glanced at me with eyes that looked a little bit frightened. Then he jumped off the pillow and went underneath the bed.

The last I saw the lizard, he jumped out the door and disappeared even though my wife chased him as far as she could go. Then she came back into the room.

She looked at me with one of "those looks" and said very sarcastically, "What are you laughing at?"

For the next few days,

whenever my wife looked at me and saw me smiling, she would comment, "You're not thinking of that lizard, are you?"

For once in my life, I was honest. "No, my dear. I was thinking of you."

During the rest of our stay there, whenever we came into our room, my wife searched it from top to bottom to make sure my little friend was not there. You will never know how much I wished that he would have returned. But you didn't hear that from me.

Thinking of that little lizard, I remembered what David said. "Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident" (Psalm 27:3).

The only thing we need to fear is God and that is a reverential fear. The fear of God dissolves every other fear.

Dr. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with the Gracious Mistress of the Parsonage in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail jamessnyder2@att.net. His web site is www.jamessnyderministries.com. ★



The Absurd Crusade Against Vaping

Never before has a boon to public health been met with such hysteria and ingratitude.

Vaping is almost all upside in comparison with traditional smoking, a wanton destroyer of health and lives, and yet the nation is in the grips of a panic about e-cigarettes. In a rarity for the Trump era, the anti-vaping sentiment jumps traditional geographic and political bounds, running from the Oval Office to San Francisco, from President Donald Trump to his most fervent enemies.

Trump has announced a proposed Food and Drug Administration ban on flavored e-cigarettes, while the San Francisco Board of Supervisors banned the sale of vaping products at retail outlets. New York Gov. Andrew Cuomo imposed a ban on flavored e-cigarettes on an "emergency" basis. "Vaping is dangerous, period," Cuomo pronounced, citing, like the president, teenage use in particular.

Actually, there's little evidence that vaping, as a

general matter, is hazardous, especially when compared with traditional cigarettes, whose smokers inhale a witch's brew of carcinogens and carbon monoxide. Smoking accounts for 30% of all cancer deaths, and 18% of all deaths.

A credible estimate is that e-cigarettes, which involve inhaling a nicotine-infused vapor rather than smoke, are about 95% less harmful than cigarettes.

The vaping-related illnesses that have recently garnered headlines and prompted the regulatory actions appear not to implicate standard vaping, but rather the use of black-market liquids containing THC, the active ingredient in cannabis. We could make the risky products involved illegal, if they weren't already illegal.

The problem with the flavor bans — and especially a San Francisco-style outright ban — is its effect on adult e-cigarette users. About 11 million adults vape, and some percentage of them are former smokers or would be smoking in the absence of e-cigarettes. A robust study in the United Kingdom found that vaping is twice as effective as other common nicotine replacements in getting smokers to quit. The flavors, according to surveys of users, are a big draw for smokers quitting traditional cigarettes. It's manifestly absurd to ban vaping products and leave cigarettes,

including flavored cigarettes, on the market.

Another source of the current panic is that teen vaping is way up, but there's nothing to suggest that this increase in vaping is encouraging real teen smoking, which has fallen below 6%. Everyone would prefer that teens not develop a vaping habit, but this presents nothing close to the health issue presented by combustible cigarettes.

By all means, let's crack down on retailers who are selling products to minors. But exaggerating the harms of vaping and prohibiting the products is a formula for giving back some of the gains against traditional smoking. The libertarian publication Reason points to one study that, insanely, shows more people beginning to consider e-cigarettes as dangerous as regular cigarettes.

The U.K. has adopted a much more sensible approach that welcomes e-cigarettes as an important harm-reduction measure. A couple of National Health Service hospitals have even allowed vape shops on their premises.

That would cause a hue and cry in the United States, where we can't agree on anything except, apparently, our irrational hostility to a product that is an alternative to a terrible scourge.

Rich Lowry is editor of the National Review.

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By Marlys Johnsen Norris, Christian Author

Have you ever thought about how much God is interested in everyone's life - including YOU. It is time to consider just how much a personal intimate relationship with you means to Him? In case you never realized "It means everything to God!" Prayer time is when one personally talks to God. It's a time one shares about things we are deeply concerned about. Especially when one needs His counsel and help! He is a miracle working God and He answers prayers of those who believe in Him.

Find a nice window to sit in front and view the sky, trees, flowers, birds, insects and even the spider webs. Now close your eyes a moment and remember. Think about them and

Personal Prayer Time Suggestion

then reflect back about God himself and thank Him for loving you. Then, think about the very beginning when God created all things. Consider how and why mankind questions about the whole world and everything in it being created by a magnificent awesome God? Have you ever prayed thanking Him for anything? Think about the good things you have been blessed to enjoy in your life!

Have you ever thought about every living creature on the face of the earth being given similar organs, etc. in their inner body? Like eyes, ears, mouth, nose, legs, blood, inner stomach, lungs, heart, feeling? Then, think about how different and unique every single one is! All have bright red blood! Blood is the lifeline for all!

(This is why Jesus had to become the sacrificial Lamb of God, come and die, having His body pierced and all His blood shed to purchase forgiveness for all our sins!)

Think about it for a

minute! How grateful are you?

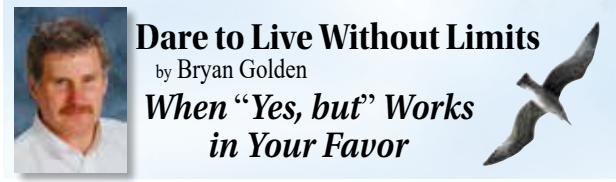
The One we call God is all knowing and powerful. His plan for each creation meets all their personal needs. Sometimes I think the animals are more grateful than humankind and seek to take and use it more effectively than we do.

Unfortunately mankind has a tendency to want everything including praise for whatever they do for themselves. They often do not even know the God of the Bible because they are consumed with Me, Myself and I. Seeking praise, wealth and popularity is their goal in life, totally missing the greatest blessing that only comes from Creator/God Almighty.

"For what shall it profit a man/woman if they gain the whole world and lose their soul?" (Mark 8:36)

CAN YOU ANSWER THAT SCRIPTURE QUESTION?

Marlys Johnsen Norris Author and Stephens Minister Marlysjn@gmail.com ★



Typically, when someone uses "yes, but" you know an excuse will follow. Here are some examples: Yes, it didn't work, but at least I tried. Yes, I didn't get that promotion, but my boss hates me. Yes, I know I'm late for work, but I've got a lot of personal issues to deal with. Yes, I'm always in debt, but there's nothing I can do about it.

People use "Yes, but," to justify a lack of success in order to absolve themselves from taking responsibility for their circumstances. If you do this, you are actively inhibiting your success.

Making excuses accepts failure as a viable result.

By considering failure as a possible outcome, your drive to succeed is diminished. "I'll try," replaces "I will." Success requires eliminating failure as an option. Don't make excuses. Don't complain. You want to keep moving forward, putting in the effort required, until your objective is reached.

Instead of using "Yes, but" as an excuse for failure, you can use it to reinforce your determination to do whatever it takes to succeed. This shift in strategy leads to success rather than failure. This is because attitude makes the difference.

Replace excuses for failure with reasons for success. How you deal with adversity determines the ultimate outcome. Your

objective is finding the solutions which exist for each problem.

Let's look at some examples of how this works. When something doesn't work as planned, you can say, "Yes, it didn't work as expected, but I'll find a better approach." If you are facing criticism say, "Yes, I'm being criticized, but I believe in what I'm doing and I won't be deterred by naysayers."

The essence of this approach is acknowledging whatever challenge you are facing and then making a commitment to not give up. This is so important, since giving up guarantees failure. Regardless of the circumstances you are dealing with, continuing to move forward is essential.

Therefore, when you encounter any problem, obstacle, challenge, or adversity, your response should be, "Yes, this is what I'm dealing with but I will find a way to move past it." You are directing your mind to figure out your next positive step.

A key factor is your determination to keep to your desired path. It's irrelevant if you take a detour, change strategies, or adjust your timetable. Even setbacks have no long term effect when you get back up and keep going.

Feeling frustrated, fatigued, or worn out at times is normal. Your energy is at a low point. Don't succumb to the

temptation to give up. Take a break, recharge, and rest. Connect with other positive people. Recommit to moving forward no matter what.

Being determined to never, ever giving up is an essential element of success. Structuring "Yes, but" to express your resolve creates motivational self-talk. This mental programming directs your brain to work nonstop to realize your objective.

Pay attention to what you say to yourself and others. Many people are surprised at the amount of negativity they are using. Although a small mental adjustment is all it takes to reorient your attitude, the resulting change is huge.

If you firmly believe you can do something, you are right. Conversely, if you believe you can't do something, you are also right. What you believe is up to you. It's not important what other people say to you, what's important is what you say to yourself.

Believe in your ability to make progress regardless of the obstacles in your way. Acknowledge any challenges and then say, "but I will get past them. This simple approach produces great results.

NOW AVAILABLE: *Dare to Live Without Limits*, the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2017 Bryan Golden ★

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Crossword Puzzle on Page 7

S	A	S	S		L	A	G		C	A	S	E					
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Sudoku Puzzle on Page 7

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9	7	4	5	3	1	2	8	6
7	3	8	6	1	5	9	2	4
6	9	2	3	4	8	1	7	5
4	5	1	7	9	2	3	6	8
5	1	3	4	8	7	6	9	2
2	4	9	1	5	6	8	3	7
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Crossword Puzzle Solutions on Page 5



CLUES

ACROSS

1. Fresh talk
5. Jet follower
8. Sherlock Holmes' assignment
12. U in I.C.U.
13. Tiny river
14. Fires
15. Weather
16. "How to Make an American Quilt" author
17. Distinguishing feature
18. "Master of legal thriller"
20. "Sittin' on the Dock of the Bay" singer
21. Keyboard key
22. G, in solfa
23. "Master of Western fiction"
26. Flavorful rice dish, pl.
30. Former name of Tokyo
31. Broadcasting devices
34. Whiskey without water
35. Dried fruit and spices, in a pie
37. Member of Shoshonean people
38. Discombobulate
39. Drawn to light
40. Young traveler's inn
42. "____ it or lose it!"
43. Hindu spiritual retreat, pl.
45. Chase away
47. Philosophical system
48. Single-cell protozoan
50. Home on a limb
52. "James Bond creator"
54. Cafe option
55. Site of Taj Mahal
56. First queen of Carthage
59. Goes up or down
60. Jiffs
61. What accomplices do
62. 2 aspirin, e.g.
63. Old college one
64. Ash Wednesday to Holy Saturday

DOWN

1. Blazer or Explorer
2. Baptist leader?
3. "I _____ The Body Electric" by Whitman or Bradbury
4. Sound setup
5. Like a ballerina
6. "I do" spot
7. Thieve
8. "Master of romance and particularly prolific"
9. Palm tree berry
10. Sleigh runners
11. Is, in Paris
13. Podium
14. Counter seat
19. Habituate
22. Female sib
23. Helping theorem
24. Bye, in Castile
25. Calendar unit of time
26. "William Shakespeare or Dr. Seuss
27. Sick and tired
28. Wrong answer adjective
29. "Her every novel was a best-seller"
32. Abbott and Costello, Rocky and Bullwinkle, etc.
33. "____ all fun and games..."

36. "Master of detective novel"
38. "My wife can vouch for me," e.g.
40. Expression of doubt
41. Swellings
44. Daisy-like bloom
46. Summer shoe
48. "Master of the dime novel"
49. Bryan Stevenson's "Just _____"
50. Brussels' org.
51. JFK or ORD postings
52. Like Usain Bolt
53. Hurtful remark
54. Dropped drug
57. Bear's hibernation place
58. Pro baseball's "Master Melvin"

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Solutions on Page 5



How to Make Goals and Resolutions Become Reality

Dear Dave,

My wife and I have our budget ready for next month, and we'll be following your plan in 2020 to pay off debt and get our finances in order. Do you have any tips for setting and sticking to goals in general?

– Rick

Dear Rick,

That's a fantastic goal. Living on a monthly budget, and telling your money where to go instead of wondering where it went, is an important step toward gaining control of your finances. Combine that with getting out of debt, and you'll be in charge of your most powerful wealth-building tool – your income.

If you're following my plan, you already have goals in front of you where your money is concerned. For most Americans, though, a new year means nothing more than new

Dave Ramsey Says

resolutions without real plans. Don't get me wrong. It's good to make resolutions and set goals, but you can't stop there. You have to formulate a plan that turns your dreams into bite-sized pieces of progress that will gradually create a big event in your life. If you want to achieve your goals, then keep these next things in mind.

When setting goals, be very specific in what you want to achieve. Include steps that will help you get there, too. Being vague will only cause you to feel directionless and overwhelmed. Most people give up when these feelings arise.

Make your goals measurable. If you want to lose weight, don't simply write down "lose weight" as a goal. Exactly how much weight do you want to lose? What will it take in terms of exercise and dietary changes to make it happen?

Are your goals your goals? Only you can realistically set your own goals. If your spouse, co-worker, or friend sets a goal for you, chances are you're not going to achieve it. Taking ownership will give you more opportunity to meet your goal.

Also, set time limits for

your goals. Putting a time frame in place will help you set realistic goals. If you want to save a certain amount of money for a particular event, break it down and determine how much cash you need to put into your savings account each month leading up to that event.

And finally, put your goals and resolutions in writing. Putting them in writing will make you more likely to achieve them. Write down your goals, and review them often. This will give you motivation to make them reality.

I believe this is the process for success, Rick. Successful people reassess their lives regularly, and start living intentionally, in writing, and on purpose. Happy New Year!

– Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The *Dave Ramsey Show* is heard by more than 14 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★



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Limit 2 Bags Per Family

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9 LIVES CANNED CAT FOOD

5.5 Oz All Varieties

Limit 1 Case Per Family

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All Varieties except Elegant Medley 3 Oz

Limit 2 Cases Per Family

ON SALE Everyday

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Limit 2 Bags Per Family

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CHM PLU 568

BONUS COUPON

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CHM PLU 377

BONUS COUPON

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20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 1/8/20 - 1/14/20

\$1.49

CHM PLU 422

Ask Toni

Turning 65 in March...Why Can't I apply for Medicare Supplement Plan F?



Morning Toni:
I am turning 65 in March and am searching for the right Medicare Supplement to cover my health needs. I have been told from patients at the cancer center where I go to receive my cancer treatment that Plan F is the plan to choose. I have been "Googling" enrolling in Plan "F" and discovered that it is not available for me. I would like to know WHY because I do not need to make a serious Medicare mistake.

Thanks, Sam from Clear Lake area

Sam:
Effective as of January 1, 2020, Medicare Supplements Plan F and C are no longer available to those who are turning 65 or those older than 65 whose Medicare Parts A with effective date beginning January 1, 2020. Those who you are discussing Medicare Supplements with must have their Medicare Part A before January 1,2020.

Congress passed

legislation called "Medicare Access and CHIP Reauthorization Act of 2015" (MACRA) to help the medical industry by correcting the "Doc Fix" proposal. The legislation ended Medicare Supplement's Plans F and C in 2020 for those new to Medicare.

Doctors were concerned about the Medicare cuts to the medical profession and were threatening to leave Medicare.

To keep doctors from bailing out of Medicare, Congress had to come up with that money somewhere and they found it in the Part B deductible that Medicare Plans F and C pickup.

Congress decided to pass 200 billion dollars of Medicare expenses over a 10-year period to the Medicare beneficiaries by eliminating Medicare Supplement Plans F and C which pay for Medicare's Part B deductible.

The law of 2015 (MACRA) ensures doctors will be adequately paid for Medicare services and that those enrolled in Medicare have the healthcare professionals they need.

Let's discuss the difference of Plan F and Plan G:

- **Plan F:** Offers more benefits with higher premiums. Those who Medicare Part A is prior to January 1, 2020 can apply for Plan F. Those who currently have Plan F will be grandfather and not forced to move from Plan F. As I stated earlier in this article, this change only affects newly

eligible beneficiaries with Medicare Part A effective dates of January 1st, 2020 or later and Medicare Plan C, F or High-Deductible F will no longer be available.

- **Plan G:** Offers lower rates with the Medicare Part B deductible not covered and being paid for by the enrolled Medicare beneficiary. Your out of pocket expense would be the Part B deductible for the current year. For 2020, the Medicare Part B deductible is \$198 which will be your Plan G 2020 out of pocket.

Medicare Supplement plans available to those with Medicare Part A effective date prior to January 1, 2020 are Plan A, B, C, D, F, High-Deductible Plan F, G, High-Deductible G, M and N.

Medicare Supplement plans available to those with Medicare Part A effective date January 1,2020 or later are Plan A, D, G, High-Deductible G, M and N.

For questions regarding the maze of Medicare, the Toni Says Medicare team now has a Toni Says Medicare hotline at 832-519-8664 to help America answer questions concerning the confusion of Medicare.

Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book to the Toni Says Medicare column readers at www.tonisays.com. ★

ACLU & CA Dep. of Education Misleading Parents on Opt-Out Rights

Commentary by Greg Burt, California Family Council (CFC)

Despite what the California Department of Education (CDE) and the American Civil Liberties Union (ACLU) have been telling school districts, parents do have the right to opt their children out of sex education and health lessons on gender, gender identity, and sexual orientation. Attorneys with Alliance Defending Freedom (ADF) explained these rights in a recent legal memo highlighting a 15-year-old California law specifically giving parents the right to opt their children out of health instruction that conflicted with the family's religious or moral views.

AB 2525, approved unanimously by the state legislature in 2004, states that "if any part of a school's instruction in health conflicts with the religious training and beliefs of a parent or guardian of a pupil, the pupil, upon the written request of the parent or guardian, shall be excused from the part of the instruction that conflicts with the religious training and beliefs, as defined in the bill."

Despite this statute, the message parents are getting from many California school districts is the opposite. For example, the Orange County Board of Education told its school districts last spring that parents can't opt their children out of lessons on gender identity and sexual orientation. That policy was supported by a memo from Ronald Wenkart, General Counsel for the Orange County Department of Education. "Parents who disagree with the instructional materials related to gender, gender identity, gender expression, and sexual orientation may not excuse their children from this instruction," he wrote.

CDE makes the same argument on its website stating an opt-out is available for comprehensive sex education lessons that are part of the California Healthy Youth Act, but that's it. The opt-out "does not apply to instruction or materials outside the context of comprehensive sexual health education, including those that may reference gender, gender identity, sexual orientation, discrimination, bullying, relationships, or family." To back up this claim the CDE refers to an ACLU memo which sites the California Healthy Youth Act, and disregards AB 2525 health

education opt-out, claiming LGBT orientations, identities, and family issues don't count as health instruction. **

ADF attorneys strongly disagree. While acknowledging the statute doesn't define the term, ADF's memo says AB 2525 broadly defines "instruction in health" pointing to the California State Board of Education's own "Health Education Content Standards." Topics listed within these standards include sexual development, reproductive health, interpersonal relationships, body image, gender roles, and sexual orientation.

In order to promote the AB 2525 health instruction opt-out, two organizations allied with the California Family Council, Real Impact and Capitol Resource Institute put together a special website called "Let Parents Decide." This resource seeks to put parents back in charge of determining what their children learn about human sexuality. It does this by providing them with a special opt-out notice parents can give their school administrators to opt their children out of objectionable sex education lessons, sexual behavior surveys, as well as health lessons that conflict with the family's religious training or moral convictions regarding gender identity and sexual orientation.

**Special Note: The ACLU argues that a single court decision in Alameda County in 2009 excludes LGBT issues from the definition of "health education."(see page 4) Pacific Justice Institute attorney Kevin Snider, representing the parents in the case, responded with the following statement. "The ACLU has either misread -- or has been misled -- about the case in Alameda. First, the school district asserted that the curriculum did not involve health instruction and thus not subject to parental opt-out. Second, shortly after filing an appeal of the court order, the district withdrew the controversial material. The reason is that, at the insistence of homosexual activists, the anti-bullying lesson in question exclusively focused on LGBT students and intentionally kept out bullying based on race, sex, disability, nationality, and religion. Finally, ACLU attorneys should be aware that a trial court order provides no legal precedent." ★

Alumnus Returns to Mesa Verde High School as a Teacher

Continued from page 1
and helps students make connections between the curriculum and their own lives. "I want them to care," he said.

He shows news segments then leads class discussions. He distributes pocket copies of the U.S. Constitution. He started a moot court team, inviting local lawyers to share their experience with students. "I'm trying to make it practical and hopefully they enjoy it," he said.

Senior Mya Lizama-Pike, who took Miller's

AP government class in the fall, said she has become more engaged with the news. "Students my age don't watch news — they go to Netflix and Hulu," she said. "I now find myself watching the news and understanding elections, gerrymandering and all these big political topics."

Even out on the baseball diamond, Miller relies on his teaching playbook. "Coaching is just teaching outside," said the former Maverick ballplayer. "I love instructing

and helping students get to where they want to be."

Thanks to his teachers — many of whom he now counts as colleagues — Miller finds himself exactly where he wants to be. "To everyone's credit here, they've never treated me like I'm still their student," he said. "There are a few teachers here who are very proud of the fact that a former student came back. It also builds a connection with my students who have those teachers because it's [a shared] experience." ★

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Solo Vehicle Fatality on Sunset Ave, West Of Pennsylvania Ave

By Greg Zumstein, California Highway Patrol

FAIR OAKS, CA (MPG) - On December 30, 2019 at approximately 8:49 pm, the California Highway Patrol (CHP) received reports of a traffic collision in the area of Sunset Ave, west of Pennsylvania Ave. CHP and Sacramento Metro Fire Department personnel arrived on scene and determined a Chevrolet Tahoe was traveling at an unknown speed eastbound on Sunset Ave. before it collided with the right curb and a guywire of a power pole. The Tahoe then overturned onto the passenger side and the unrestrained right front passenger (male DOB: 01/16/63) was partially ejected and subsequently crushed by the Tahoe. Two other teenage passengers, who were restrained, and were transported to a local area hospital for precautionary reasons. The female driver (Debra Glenell Christie of Folsom, CA , DOB: 03/02/80)

fled the scene on foot. A search was conducted by North Sacramento Area CHP officers assisted by Citrus Heights PD, Sacramento Sherriff and CHP aircraft. The driver was located in a nearby yard at approximately 10:06 pm. She was determined to be under the influence of drugs and alcohol and was subsequently arrested. Christie was booked at the Sacramento County Main Jail on charges of 20001 VC, Felony Hit and Run, 23153(a) VC, Felony DUI, 191.5(a) PC, Felony Manslaughter, and 1203.2 PC, Probation Violation.

This traffic collision is still under investigation.

Any additional information about this news release should be directed to Officer Greg Zumstein who will be available at the CHP North Sacramento Area business phone number: (916) 348-2300, Monday through Friday 8 a.m. to 5 p.m. Or you can reach him on his cell phone at (916) 798-0975 ★

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It's a Bird ... It's a Crane ... It's a Sandhill Crane!



Of the six subspecies of Sandhill Crane found in North America, three can be found in California. MPG file photo

By Ken Casparis,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Sandhill Cranes have traveled south to California for the winter, and Sacramento County Regional Parks invites you to head out to the Cosumnes River Preserve to learn about and observe these birds in their winter home.

Of the six subspecies of Sandhill Crane found in North America, three can be found in California, and two, the Greater Sandhill Crane and the Lesser Sandhill Crane, are commonly seen in the Central Valley.

Roughly 3,000 Lesser and Greater Sandhill Cranes settle in at the Cosumnes River Preserve every winter. Most of the cranes who have made

the Preserve their winter home are Lessers, but the Delta (including the Preserve) is a critical wintering area for the less-abundant Greaters.

Observations tips from the Cosumnes River Preserve:

Watching Cranes

When and Where: Prime Sandhill Crane viewing season at the Cosumnes River Preserve is between Oct. 15 and March 1. Dawn and dusk are the target times to observe the greatest numbers of cranes and the widest variety of intriguing behaviors.

Etiquette

Be Still: Limit your movement while watching feeding birds. Should a "lookout" crane decide you're a threat, the flock

may well fly off, depleting their hard-won energy store.

Be Quiet: Speak quietly to avoid spooking cranes. Stay at least 400 yards from feeding cranes.

Don't Wear Out Your Welcome: Should you see any of these behaviors, it's time to back off: Cranes nervously withdrawing into the center of a flock; Cranes slamming their bills into the ground then tossing their heads defiantly high; Cranes standing rigidly erect, looking straight ahead, necks stretched to the limit.

For more information on Sandhill Cranes and where you can observe them, check out the Cosumnes River Preserves Sandhill Cranes Fact Sheet and the "See the Cranes" Map. ★

Crime Reports



Citrus Heights Police Report

January 1st
January 5th

- Date: 01/01/2020:** Time: 11:07 PM • IR Number: 2020-0000883
Crime: PC 496D(A): **Poss Stolen Veh/Ves/Etc**
Location Type: Gas/service station • Public Address: 47XX Madison Ave, Sacramento, CA 95841
Agency: Sacramento County Sheriff's Department (CA)
- Date: 01/02/2020:** Time: 7:37 AM • IR Number: 12000053
Crime: **10851(A) VC: Vehicle Theft**
Location Type: Parking Lot • Public Address: 75XX SUNRISE
Agency: Citrus Heights Police Department
- Date: 01/02/2020:** Time: 3:21 PM • IR Number: 2020-0001832
Crime: **PC 487(C): All Other Larceny**
Location Type: Public/government building • Public Address: 116XX Fair Oaks Blvd, Fair Oaks, CA 95628
Agency: Sacramento County Sheriff's Department (CA)
- Date: 01/03/2020:** Time: 1:00 AM • IR Number: 12000078
Crime: **594(b)(1): Vandalism over \$400 Felony**
Location Type: House (includes driveway) • Public Address: 60XX AUBURN
Agency: Citrus Heights Police Department
- Date: 01/03/2020:** Time: 5:00 PM • IR Number: 12000114
Crime: **10851(A) VC: Vehicle Theft**
Location Type: Parking Lot • Public Address: 66XX OAK LAKES LN
Agency: Citrus Heights Police Department
- Date: 01/03/2020:** Time: 6:26 PM • IR Number: 12000081
Crime: **459 PC: Burglary - Commercial**
Location Type: Hospital/Medical Office • Public Address: 78XX GREENBACK LN
Agency: Citrus Heights Police Department
- Date: 01/04/2020:** Time: 1:30 AM • IR Number: 12000082
Crime: **594(b)(1): Vandalism over \$400 Felony**
Location Type: Street/Highway • Public Address: 75XX SADORO ST
Agency: Citrus Heights Police Department
- Date: 01/04/2020:** Time: 1:46 AM • IR Number: 12000076
Crime: **10851(A) VC: Vehicle Theft**
Location Type: House (includes driveway) • Public Address: 68XX GREENLEAF DR
Agency: Citrus Heights Police Department
- Date: 01/05/2020:** Time: 8:00 PM • IR Number: 12000125
Crime: **484(A) PC: Petty Theft**
Location Type: Parking Lot • Public Address: 75XX GREENBACK LN
Agency: Citrus Heights Police Department
- Date: 01/05/2020:** Time: 10:25 PM • IR Number: 12000107
Crime: **10851(A) VC: Vehicle Theft**
Location Type: Street/Highway • Public Address: 60XX GREENBACK LN
Agency: Citrus Heights Police Department
- Date: 01/05/2020:** Time: 10:44 PM • IR Number: 12000115
Crime: **487(a) PC: Grnd Thft:prop/Etc \$950+**
Location Type: *Theft from Vehicle* • Public Address: 80XX RUSCH DR
Agency: Citrus Heights Police Department

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Steve Miller, Citrus Heights City Council
Mel Turner, Citrus Heights City Council
James Shelby, Citrus Heights City Council
Greg Paulo, SJUSD Board
Mike McKibben, SJUSD Board
Scott Yuill, Rocklin City Council
Tami Bogert, Sacramento County District Judge
Bob McGarvey, Rancho Cordova City Council
Linda Budge, Rancho Cordova City Council
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The Sacramento Bee Ends Subscription Program

Auto Chase Driver Under Investigation

To Our Readers:

The Sacramento Bee has decided not to renew their program for the additional Sunday issue with Messenger Publishing Group regular subscriptions. The Bee cancelled the program effective 12/31/19. They will no longer be providing the Sunday edition through MPG.

MPG notified our readers through the regular monthly subscription notices sent out over the past few months. We had expected The Bee to offer a special trial subscription to each of the subscribers

they had on our list to try to convert them to one of their many special rates and to also notify readers. They did not do so.

All paid subscribers for any MPG newspapers will continue to receive their MPG product. However, The Bee has declined to offer their product to our readers.

If you would like to learn more about what The Bee has to offer you can visit their website at sacbee.com/messenger or call their customer service number at 800-284-3233. ★

By Patrick Larenas

CITRUS HEIGHTS, CA (MPG) - According to reports, Citrus Heights police engaged in an automobile pursuit of Nathan Glantz (37) on the afternoon of January 2. The pursuit began when local authorities responded to a non-criminal domestic incident at 3:34 pm near San Simeon Drive and San Pablo Drive. While under the influence, Glantz, a parolee, fled the scene in a silver Toyota Camry after a quick verbal exchange with officers.

Speeding through the east county and into Folsom, Citrus Heights police suspended the pursuit of the suspect due to safety concerns. The Sacramento Sheriff's Department followed the suspect from the air via helicopter. Glantz circled back through Rancho Cordova and ended the pursuit as he crashed into a tree in Gold River. Alcoholic beverage containers were found in the automobile. Glantz was arrested on several counts and taken to receive medical care at a local hospital for injuries sustained in the process. ★

China Tribunal Documents Selling Organs of Religious Groups



Harold Pease, Ph. D

Four years ago Newsweek reported in a powerful article “CHINA FORCES ITS POLITICAL PRISONERS TO SELL BODY PARTS,” but little has been printed in American news outlets since. So what did they report and can it still be confirmed?

They reported, “Dozens of highly respected investigators, scholars and government officials around the world claim the Chinese government is harvesting organs from groups considered to be political or cultural enemies of the regime currently in power.” It identified “members of Christian house churches, Tibetans and especially followers of Falun Gong, an outlawed peaceful Chinese religious movement created in 1992” as being “forced into “organ harvesting since the 1990’s.” These groups, already incarcerated, have become the government’s secret source “to fill the growing demand for organs and to provide ‘organ tourists’ from Western nations with potentially life-saving treatments.”

Newsweek reported that the practice on death row prisoners was widely known, practiced, and admitted to by Chinese authorities but it has since escalated. “Sometimes the ‘donor’ has still been alive during this process—the organ-removal process is what actually kills them.” The victims are merely prisoners of conscience taken mostly from religious groups. The Chinese government in December 2014 announced its discontinuance, unfortunately, “data show organ donations in China have actually increased, which seems extremely unlikely if the practice has truly ceased,” Newsweek reported Feb. 1, 2016.

Most of what Newsweek boldly printed had been confirmed September 12, 2012 by the US House Committee on Foreign Affairs in 2012 in their “Chinese Communist Party Organ Harvesting of Religious and Political Dissidents” Hearing. Such was also confirmed by the European Parliament in 2013,

Then issue silence for almost four years; finally the Australian paper, The Sydney Morning Herald broke the silence Nov. 9, 2019, with an article, “Crimes against humanity: is China killing political prisoners for their organs?” by Tim Elliott. It documented the creation of the China Tribunal in London by the International Coalition to End Transplant Abuse in China. This body headed by a seven-person panel and chaired by Sir Geoffrey Nice investigated the stream of documentation flowing out of China.

Its exhaustive 12 month inquiry “examined thousands of pages of submissions, including previous investigations and academic papers, internal Chinese medical records, and reports from Amnesty International, independent watchdog group Freedom House and the United Nations Committee Against Torture. It reviewed undercover video footage taken inside Chinese hospitals, covert telephone recordings with Chinese transplant surgeons, and heard from 50 witnesses, some of whom appeared in person and others via video link, from France, Canada,

the US, Japan, Australia, Turkey and Korea.”

It confirmed, in its 60 page summary report released June 2019, everything that Newsweek, The House Committee and the European Union had shared, but instead of ending in 2014, as the Chinese government promised, it vastly accelerated. “It found that official transplant statistics in China are routinely falsified, and that instead of performing 10,000 operations as claimed, the real figure is between 60,000 and 90,000 a year. It found that the main source of these organs were Falun Gong, but that Uighurs, a mostly Muslim minority – up to 1.5 million of whom are incarcerated in China – were at risk of becoming the next ‘organ bank’.”

It also established “that illicit organ transplants had become a lucrative industry in China, directed by the state and enabled by the military.” The China Tribunal “accused the People’s Republic of China of having committed mass murder, and warned that governments or any other bodies that engaged with it in any substantial way ‘should now recognize that they are interacting with a criminal state’.”

One highly disturbing new finding from Tribunal testimony was the concept of “incomplete executed” prisoners. This “often via a gunshot to the right side of the chest, is not uncommon, the purpose being to maintain blood circulation to the organs,” presumably to enhance viability of healthy extraction. Some witnesses “recounted how they had been told by guards that they would be killed for their organs; how guards referred to Falun Gong prisoners as “merchandise”; and that they were “being kept as spare goods.”

The China Tribunal Report, as summarized by The Sidney Morning Herald, revealed that China did not have a volunteer organ donor program until 2013, largely because the “Chinese people have a cultural aversion to organ donation, owing to a traditional belief that the body must be buried intact.” The Red Cross in Beijing in 2015, “didn’t even have a donor office and hadn’t arranged a single case of organ donation.” Yet, “there seemed to be an endless supply of organs.”

The Report wrote about the difficulty in free countries of voluntarily obtaining the volume of organs needed. “In the UK, the average waiting time for a liver transplant is 135 days. In Australia, people needing a kidney can wait between five and seven years. Waiting times in China, meanwhile, can be as little as two weeks” says Fiatarone Singh from the University of Sydney. “Booking in a transplant ... is impossible in a normal, voluntary organ donor system, ... There is only one way you can do this, and that is where you have an organ bank – a large group of people who are being held in detention and killed on demand.”

The documentation confirms that Communist China offers organ replacement on demand and uses unfavored religious groups as its donor bank – a crime against humanity.

Dr. Harold W. Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He taught history and political science from this perspective for over 30 years at Taft College. Newspapers have permission to publish this column. To read more of his weekly articles, please visit www.LibertyUnderFire.org ★

Election Information

March 3, 2020 Presidential Primary Election

Statewide primary elections in California have moved up to March!

Vote Early! Don't wait for Election Day

Take advantage of early voting and **avoid the lines!** You can return your ballot in the mail, at any Ballot Drop Box, or at any Vote Center.

Party Preference

Remember that presidential primary elections are party specific. Check your political party preference on your voter registration.

Important!

If you have interacted recently with the DMV, your voter registration status may have been changed. Check your status to confirm you are still registered correctly.

Feb 3

Feb 17

Feb 22

Feb 29

Mar 3

Ballots begin being mailed. Ballot Drop Boxes open.

Close of registration. Register today.

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TV GUIDE MAGAZINE

CHEERS & JEERS

By Damian Holbrook

Cheers to
The Morning Show

for getting its act together. After a scattered first season – with a WTF musical bit – Apple TV+’s glossy drama delivered a nerve- shredding, perfectly paced finale that saw feuding news anchors Alex and Bradley (Jennifer Aniston and Reese Witherspoon) uniting on-air to take down the toxic men at the top.

Jeers to The
Masked Singer’s Off-Key
Eliminations

Maybe it all sounds differently from inside the studio, but we cannot mask our disappointment that actual vocalists like Ana Gasteyer, Destiny’s Child

alum Michelle Williams (pictured) and Patti LaBelle were sent home before some dude who plays basketball in Indiana. Either the voting system or the judges’ hearing needs to be fixed.

Jeers to The Screen
Actors Guild Awards

for snubbing *Succession* after it thrilled us with the bravest second season ever. Ignoring HBO’s sharp satire and the insanely gifted ensemble of Jeremy Strong, Sarah Snook, Kieran Culkin and Brian Cox as a Machiavellian media family? Maybe SAG should be renamed SAD.

Cheers to The Witcher
for being a suitable heir to
Game of Thrones. With



A nerve- shredding, perfectly paced finale that saw feuding news anchors Alex and Bradley (Jennifer Aniston and Reese Witherspoon) uniting on-air to take down the toxic men at the top.

star Henry Cavill killing it as a demon hunter to die for, Netflix’s brutal, big-budget adaptation of the popular book and video game series is filling the Westeros-size hole in our hearts with television that isn’t afraid to add some quiet, human moments to its epic fantasy. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Will The Hilarious
Moody’s Be Back?

Question: I’ve just finished watching the final episode on Fox of *The Moody’s Christmas* limited series with Denis Leary. That thing is a REAL HOOT! Funniest sitcom I’ve seen in a long time. Is there ANY chance that show will be picked up and continue with the same format, same actors – by any cable company? – Virginia

Matt Roush: Happy

to start off my final Ask Matt column for the year on a positive note. Glad you enjoyed *The Moody’s*, even though that TV family (which also included Elizabeth Perkins and Jay Baruchel) didn’t seem to be enjoying their holiday much throughout the six episodes. There is a remote possibility you could see the family again in another limited format, built around another family gathering at a different holiday time. (*A Moody’s*

Easter or Fourth of July?) But it seems a long shot, because the limited-series format was always something of a risk for Fox, and neither the reviews nor the ratings made this look much like a hit franchise. Part of the problem was that this seemed to have come out of nowhere and didn’t fit in with any of Fox’s regular programming, and double-running episodes on three nights (not all of them consecutive) presented another scheduling hurdle. If Fox does order more – I can’t imagine anyone else stepping up, though these days you never know – we’ll be sure and report it.

To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

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Subscriptions should be mailed to:
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Unbelievable Action to Unexpected Thrills, Monster Jam® Returns



Earthshaker monster truck in an unbelievable near vertical aerial stunt. Photo courtesy of Atherton Public Relations



Above: The Gravedigger delivery monster truck will be making incredible flys through the Monster Jam® circuit. Right: The MJ Speedster is part of the Gravedigger team of high-flying action and four-wheel excitement. Photo courtesy of Atherton Public Relations

By Heather Atherton,
Atherton Public Relations

SACRAMENTO REGION, CA (MPG) - This. Is. MONSTER JAM! The most action-packed motorsports experience for families in the world today returns to Sacramento for another high-octane weekend featuring the ultimate mix of high-flying action and four-wheel excitement with the **Monster Jam Triple Threat Series**,® featuring six different competitions of speed, racing and freestyle stunts at the Golden 1 Center from January 17–19, 2020.

Featuring eight skilled Monster Jam athletes, SoCal fans will witness a fierce battle for the championship with each Triple Threat Series competitor tearing up the dirt in customized high-powered vehicles: Monster

Jam Speedsters, Monster Jam ATVs and of course, the iconic Monster Jam trucks; going head-to-head for points in Freestyle, 2 Wheel Skills Challenge,™ Backflip stunts and several Racing competitions testing their agility, speed and versatility. From unbelievable action to unexpected thrills, this is full throttle family fun!

Monster Jam Triple Threat Series world-class athletes vying to become champions will be: *Grave Digger*® driven by Brandon Vinson (*2018 Rookie of the Year*); *El Toro Loco*® driven by Elvis Lainez; *Zombie*™ driven by Bari Musawwir; *Megalodon*® driven by Austin Minton; *Soldier Fortune*™ *Black Ops* driven by Tony Ochs (*Winner Arena Freestyle 2019*); *Scooby-Doo*™ driven by Myranda Cozad;

Monster Mutt® Rottweiler driven by Tanner Root; *Earth Shaker* driven by Tristan England.

Monster Jam drivers are trained, world-class male and female athletes who have mastered not only the physical strength and mental stamina needed to compete, but the vital dexterity to control 12,000-pound machines capable of doing backflips, vertical two-wheel skills and racing at speeds up to 70 miles per hour to produce jaw-dropping, live motor sports action seen around the world.

At the Monster Jam® Pit Party, you can see the massive trucks up close, meet your favorite drivers, get autographs, take pictures and enjoy other family-friendly activities. It's an unforgettable part of the Monster

Jam experience where lifelong fans are born. Plus, fans in every city can become part of the action by voting for the winner in the two-wheel and freestyle competitions via real-time, in-arena fan voting on their smartphones. Saturday event ticket & Pit Pass required for entry.

Events begin at 7 pm on Friday, Saturday and at 1 pm on Sunday. The Pit Party is open 4:30-6:00 pm on Saturday, and 10:30 am-12:00 pm on Sunday

Golden 1 Center is located at 500 David J. Stern Walk, Sacramento, CA 95814.

Tickets are affordably priced for the whole family with seats starting at just \$20 each*. Discount Opening Night tickets available for select seating only \$15! Pit Passes available to purchase for \$15 each.

Tickets & Pit Passes now available for purchase online at Ticketmaster.com or visit the Golden 1 Center Box Office.

***Ticket prices subject to change – venue/ticketing fees may apply.* ★

New Year's Resolution

1.

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2.

SMILE

3.

MAKE NEW FRIENDS

4.

LEARN SOMETHING NEW EVERY DAY

5.

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